American Pistachios Nutrition Unshelled is a quarterly e-newsletter providing research updates on tree nuts (especially U.S. pistachios). It is a service to dietitians and other health professionals by American Pistachio Growers (APG). Any health professional is welcome to register to receive Nutrition Unshelled. Please note however, the content and recipes are intended principally for the American healthcare community and as such are not written with foreign nutrition and health claim regulations in mind. The information included within this newsletter is not intended to diagnose or treat medical conditions. Some differences may be found if comparing with APG’s international websites or other materials. APG is the non-profit, voluntary trade association for the U.S. pistachio trade, comprised of over 800 pistachio farmers.

Summer 2022

POWER UP YOUR SUMMER WORKOUT ROUTINE

Whether you’re a regular exercise enthusiast or you simply enjoy outdoor activity in the sunshine, check out the recipes and tips below to fuel your body for peak performance this summer.

Dietitian-Approved Exercise Recovery Smoothies

American Pistachio Growers, a non-profit voluntary agricultural trade association representing 700 pistachio farmers in California, Arizona and New Mexico.

For more information on pistachio research and delicious recipes, visit AmericanPistachios.org

Tell your story and receive a pound of pistachios! Share your story on how pistachios have improved yours or someone else’s health and if we use your story in Nutrition Unshelled, we’ll send you a pound of pistachios! Email your story and contact information to info@americanpistachios.org.

SHERENE CHOU, MS, RDN

The perfect post-workout smoothie packed with the ideal blend of protein, carbs and antioxidants for muscle recovery. Change up your smoothie routine with this Chocolate Cherry Pie smoothie filled with cacao, cherries and American pistachios!

BECCI TWOMBLEY, RD, CSSD

This smoothie is an ideal snack for muscle recovery after physical activity. It offers a good amount of protein (pistachios and Greek yogurt) and simple carbohydrates (bananas), which favors the repair of muscle fibers and the replenishment of muscle glycogen stores that have been depleted with the practice of physical activity. Both banana and pistachios are also rich in precious salts, such as potassium, which helps restore the water-saline balance that has been altered by sweat-inducing physical activity.

PISTACHIOS MAY HELP WITH EXERCISE RECOVERY

New Research

Emerging research presented at the 2022 Annual Meeting of the American College of Sports Medicine suggests that pistachios can help to reduce muscle soreness and improve muscle strength recovery after strenuous exercise. Researchers looked at the effect of eating pistachios on exercise recovery in elite athletes after running downhill. Favorable results were seen in those who consumed 3 oz of pistachios per day.


For more information on the link between protein and exercise, including tips from leading NFL sports dietitians click here.

For the latest research and more information on the health benefits of pistachios.